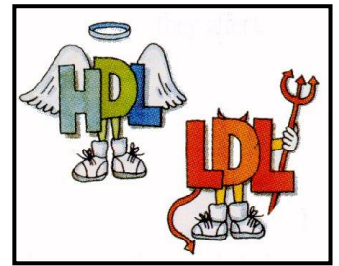


Cardiovascular Risk Factors

Risk factors are conditions or behaviors that increase your chance of getting a certain disease. Some risk factors for coronary heart disease can be treated or controlled and some cannot.



Personal Goals for Cardiovascular Health		
What	Goal	Today I am here:
Total Cholesterol	Under 200	
HDL (Healthy)	40 or greater for men, 50 or greater for women	
LDL (Lethal)	No more than: 100, 130, 160 (circle one)	
Triglycerides	No more than 150	
Blood Pressure	No more than 120/80	
Weight	BMI no more than 25	
Waist measurement	No more than 40 inches for men, 35 inches for women (subtract 6 Asian)	
<p>Evaluate yourself on a scale of 1 to 10 1 = change needed 10 = goal met</p>		
	GOAL	Today I am here:
Physical Activity	30 minutes most days of moderate level physical activity	
Heart Healthy Eating	5 – 9 fruits and vegetables daily	
	Eat heart healthy fats; avoid trans fat, fried food	
	Limit meats to 6 ounces from lean sources	
	Limit sodium to 2,300 mg (1 tsp)	
Tobacco	None	
Mental Health	Positive outlook, optimistic about my life	
	Personal stress management	